



COLD RELATED EMERGENCIES

SUSPECTED FROSTBITE

FIELD ASSESSMENT/TREATMENT INDICATORS

1. Areas of skin that are cold, white, and hard to touch.
2. Pain to affected extremity.

BLS INTERVENTIONS

1. Elevate extremity.
2. Do not rub or otherwise attempt active warming.
3. Protect affected body part from further exposure by wrapping in dry sterile gauze.

LIMITED ALS INTERVENTIONS

Obtain vascular access.

MILD HYPOTHERMIA

FIELD ASSESSMENT/TREATMENT INDICATORS

1. Decreased core temperature.
2. Cold, pale extremities.
3. Shivering, reduction in fine motor skills.
4. Loss of judgment and/or altered level of consciousness or simple problem solving skills.

BLS INTERVENTIONS

1. Oxygen as clinically indicated.
2. Remove from cold/wet environment; remove wet clothing and dry patient.

3. Insulate and apply wrapped heat packs, if available, to groin, axilla and neck. This process should not be interrupted during transport.

LIMITED ALS INTERVENTIONS

1. Obtain vascular access. (Apply AED).
2. Consider blood glucose determination and provide treatment as clinically indicated.

SEVERE HYPOTHERMIA

FIELD ASSESSMENT/TREATMENT INDICATORS

1. Severe cold exposure or any prolonged exposure to ambient temperatures below 36 degrees with the following indications:
 - a. Altered LOC with associated behavior changes.
 - b. Unconscious.
 - c. Lethargic.
2. Shivering is generally absent.
3. Blood pressure and heart sounds may be unobtainable.

BLS INTERVENTIONS

1. Maintain appropriate airway with oxygen as clinically indicated (warm, humidified if possible).
2. Assess carotid pulse for a minimum of 1-2 minutes. If no pulse palpable, place AED if available, per Protocol Reference #10130 AED. If no shock advised, begin CPR.
3. Insulate to prevent further heat loss.
4. Gently cut away wet clothing if transport time is greater than 30 minutes.

LIMITED ALS INTERVENTIONS

1. Advanced airway as clinically indicated.
2. Obtain vascular access and administer fluid bolus.

- a. Nine (9) years and older: 300ml warmed NS, may repeat.
 - b. Birth to eight (8) years: 20ml/kg warmed NS, may repeat.
- 3. Contact Base Station.